

# First Aid

Bostock Health Care Quick Reference Guide

**Danger** – Make sure you and the casualty are safe

**Response** – Check that the casualty is conscious

**Airway** – Identify and treat any life-threatening airway problems, if necessary open the airway

**Breathing** – Look and listen for normal breathing – if necessary perform CPR

**Circulation** - Identify and treat any life-threatening circulation problems – if necessary perform CPR

Remember to call 999/112 and send for a defibrillator (AED) – ask a helper to do this if possible.



CPR - 30 Chest Compressions then 2 rescue breaths

**First Aid** Solutions that work for your business

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